

## ABSTRACT OF THE DISCLOSURE

The invention provides a massage machine for health care which comprises a living body information sensor 5 for detecting living body information of the autonomic nervous system of the person to be massaged, a control circuit 6 for judging the psychological state of the person based on the living body information detected, and a memory 61 for holding histories of psychological states of persons to be massaged.

The machine is adapted to judge the physical condition of the person based on the history of psychological states of the person, and to judge whether the condition of the person's health is improved by massage so as to utilize the result of judgement as guidelines for health care.